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# Donald Street development was scrapped

**Real estate.** Unclear whether Chipman companies nixed plan to focus on Carlton St.

COLIN FAST  
winnipeg@metronews.ca

A large downtown lot will remain as surface parking after a deal to turn it into a mixed-use development fell apart, Metro has learned.

Officials with Manitoba Public Insurance, which owns the lot at 172 Donald St., have confirmed that plans for Longboat Development Corp. — owned by the Chipman family — and Artis REIT to build on the site were quietly scrubbed in mid-2014.

During the same time period, True North Sport and Entertainment — another Chipman company — was negotiating privately with Centre

Venture to purchase a lot of the same size at 220 Carlton St.

It's not clear if one deal was scrapped for the other, and True North, Longboat and Artis would not comment on why the Donald Street development was cancelled.

"Both parties determined that the development of this piece of property was not feasible at that time," an MPI spokesperson said.

In 2012, Longboat and Artis were awarded an option to build on two MPI-owned parking lots at 172 Donald and 225 Carlton. The plan was for MPI to retain ownership of the land while the real-estate firms developed a combination of retail, commercial, public and possibly hotel space.

Earlier this month, a revised version of the development was announced with a new name (True North Square), a new lead developer (True North Sports and Entertainment) and with 220 Carlton as part of the package instead of 172 Donald.



## A FIRST FOR WINNIPEG

Creelynn Peters, 12, of Long Plain First Nation, cuts the ribbon Monday to officially open the first urban reserve gas station and smoke shop inside Winnipeg: a Petro-Canada at 490 Madison St. Story, page 4. SHANE GIBSON/METRO

# HIRING FAIR

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# Police looking for public's help in woman's unsolved homicide

## Project Devote.

Evelyn Stewart's case being reviewed by task force focusing on missing and murdered exploited people

Police are asking the public for tips in the 17-year-old unsolved homicide of a Winnipeg sex-trade worker whose body was found in a parking lot.

Investigators say they have received new information about the death of Evelyn Stewart on March 20, 1998, but need more people to come forward.

"We believe that Evelyn was associating with people that she had as acquaintances right around the time of her death," Det. Sgt. Randy Levasseur of the Winnipeg Police Service said Monday.

"We have conducted in excess of ... 130 interviews as

a re-investigation. However, we believe that there are still more people out there that we possibly haven't spoken to, or that we have spoken to and are simply showing a reluctance or think they have nothing further to add."

"We believe her killer was known to her and that this was not a random attack. Someone needs to step forward and help solve the murder of Evelyn Stewart."

Investigators say Stewart died violently and was targeted.

Her case is one of many being reviewed by Project Devote, a joint task force of Winnipeg police and the RCMP that focuses on missing and murdered exploited people.

Police say Stewart had moved to Winnipeg from Vancouver several years earlier in part to escape a drug addiction.

Anyone with information is asked to call the Project Devote tipline at 1-888-673-3316.

THE CANADIAN PRESS



Winnipeg Police Service spoke to media Monday after appealing to the public for help solving the 1998 murder of Evelyn Stewart, inset. SHANE GIBSON/METRO; INSET: RCMP HANDOUT

## Bus beheader should go to group home: Doctors



Vince Li THE CANADIAN PRESS

Experts are recommending a man who beheaded a fellow passenger aboard a Greyhound bus should be transferred from a mental facility to a Winnipeg hospital with an eye to moving him to a community group home.

It's also being suggested that Vince Li be granted unescorted outings in the city.

Li's psychiatrist, Dr. Steven Kremer, told a criminal code board review hearing Monday that Li has shown "profound improvement" and is at low risk to reoffend.

Risk assessments done by several other doctors came to the same conclusion, the board heard.

Li, 46, has not had any hallucinations in more than a year and understands the need to take his medication, Kremer said. Should Li be transferred to a group home, staff there would ensure he continued taking the medication necessary to manage his schizophrenia, the doctor said.

"His likelihood to re-engage in violence is low."

Li has been confined to a psychiatric institution north of Winnipeg since he was found not criminally responsible for stabbing, mutilating and beheading Tim McLean on a bus to Winnipeg in July 2008. Li sat next to the 22-year-old McLean after the young man smiled at him and asked how he was doing.

Li said he heard the voice of God telling him to kill the young carnival worker or "die immediately." Li repeatedly stabbed McLean who unsuccessfully fought for his

life. As passengers fled the bus, Li continued stabbing and mutilating the body before he was arrested.

The review board has gradually given Li more freedom, including unescorted visits to Selkirk, Man., and escorted visits to Winnipeg and local beaches.

Li entered the hearing Monday unshackled, sitting and listening quietly while his case was discussed.

The board is expected to issue a decision within a week. THE CANADIAN PRESS



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# Union wants public's feedback on plowing

**New hotline.** CUPE 500 launches phone line and website to gather info on snow removal from citizens

COLIN FAST  
winnipeg@metronews.ca

Have a complaint about rutted streets, snow-covered sidewalks or busted curbs? The city's largest union wants to hear from you.

As part of its campaign to have unionized city staff take on a larger share of plowing work, CUPE 500 has launched a phone line and website to collect stories from citizens about their experiences with snow-clearing.

CUPE 500 president Mike Davidson said the feedback — both negative and positive — will be compiled and delivered to the city to consider as part of a comprehensive review of snow-clearing services.

City council is expected to formally approve that review on Wednesday, including a cost comparison between work done by city crews and private contractors.

Currently, about 80 per cent of Winnipeg's snow-clearing is done by private contractors.

"We think not only is there a cost savings (from unionized crews) but we think we can deliver a better service," said Davidson.

Recent surveys con-



CUPE 500 president Mike Davidson announces the union's new snow-clearing hotline. COLIN FAST/FOR METRO

ducted by the city have shown citizen satisfaction ratings for snow-clearing ranging from 75 per cent to 91 per cent, but Davidson said he doesn't think the data tells the whole story.

"If you have a problem with damaged property, for example, you can't just go to your city councillor to deal with it," he said. "Many times they (citizens with complaints about snow removal) are being

referred to the contractor. That's what we mean when we talk about loss of public control."

CUPE's snow-plowing hotline can be reached by

calling 1-855-223-9311 or online at [wpgsnow.ca](http://wpgsnow.ca).

But Davidson said citizens should still call 311 with any specific requests for service.

## Quoted

**"Many times they (citizens with complaints about snow removal) are being referred to the contractor."**

Mike Davidson, president of CUPE local 500, which wants unionized staff to take over a larger share of the city's plowing work

# Blood bank feels winter freeze

If you're a red-blooded Winnipegger, Canadian Blood Services needs your help.

The frigid temperatures have led to a stiff drop in donations this winter, and the blood bank is asking anyone who's able to make an appointment to donate.

"We always find it a bit challenging during the winter months ... because people just don't want to go out when it's too cold or when there's too much

## Shortfall

**65-70%**

Percentage by which the Canadian Blood Services clinic on William Avenue is missing their daily targets this winter.

snow," said Canadian Blood Services spokeswoman Pamela Mullins, adding the recent storms that blanketed parts of Eastern Canada left some donors stuck at home.

Mullins said the Canadian Blood Services clinic on William Avenue in Winnipeg is missing their daily donation targets by 65 to 70 per cent.

"That frightens us," she said. "While we're not in a situation where patients won't receive their treatment right now, we never want to have that conversation."

To sign up to donate, call 1-888-2-DONATE or visit [blood.ca](http://blood.ca). SHANE GIBSON/METRO



As cold temperatures keep donors home, blood banks are feeling the squeeze this winter. CONTRIBUTED

## TRANSIT TUESDAY

Weekly Transit News Update

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BUSTxt is Winnipeg Transit's Short Message Service (SMS) for real-time transit information. Text 287898 to get up-to-the-minute bus departure times, locate the nearest bus stop, and more. Visit [winnipegtransit.com](http://winnipegtransit.com) for information.

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[winnipegtransit.com](http://winnipegtransit.com)



# Urban reserve gas station opens shop

**Long Plain.** First Nation chief says partnership with Petro-Canada is a 'historic milestone' that he hopes means more revenue, opportunities



SHANE GIBSON

shane.gibson@metronews.ca

Winnipeg's first urban reserve gas station officially opened Monday in the heart of one of the city's busiest retail hubs.

Long Plain First Nation is now pumping tax-free fuel and selling tax-free cigarettes to everyone with treaty cards at the band's third gas-station venture — and the first-ever Petro-Canada to operate on a Manitoba First Nation — at the corner of Madison Street and St. Matthews Av-

## Background

Long Plain First Nation has 4,400 band members, with an estimated 500-600 of those living in Winnipeg, according to Tim Daniels, Long Plain's economic development officer.

enue.

"For us it's a historic milestone because it represents a strong economic revenue stream and employment opportunities for our people that will help facilitate other projects," Long Plain Chief Dennis Meeches told Metro at the grand opening.

"Because of the very, very large First Nation treaty population in the city, we have a very, very strong market here."

Long Plain already runs a gas bar and smoke shop in Portage la Prairie and another on the reserve about 100 kilometres west of Winnipeg.

The six-pump Winnipeg gas station is part of 2.8 acres of land the First Nation owns and runs as an urban reserve on Madison Street between Silver Avenue and St. Matthews Avenue.

Yellowquill College already runs its campus on the land, and Meeches said Long Plain's long-term plans include adding an 80,000-square-foot office complex at the site as well.

Petro-Canada now has nearly 20 stations operating under similar partnerships on urban reserves across Canada since opening its first in Saskatoon a little over a decade ago.

A company spokesperson said there's no plan to close the Petro-Canada at Ellice Avenue and Century Street, despite it being a five-minute walk from the new station.



Former Long Plain First Nation chief Peter Yellowquill, right, speaks alongside current chief Dennis Meeches as the First Nation officially opened the city's first urban reserve gas station and smoke shop on Madison Street on Monday.

SHANE GIBSON/METRO

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## Propaganda definition too broad in terror bill: Experts

A federal proposal, to scrub terrorist propaganda from the Internet, risks the deletion of speech that has no ties to violent threats, says a new analysis.

The definition of propaganda in the government anti-terrorism bill is dangerously broad, law professors Craig Forcese and Kent Roach say in their paper.

The bill, introduced late last month, proposes giving the RCMP power to seek a judge's order to remove terrorist propaganda from websites.

Forcese, of the University of Ottawa, and Roach, who teaches at the University of Toronto, say while they support the idea in principle, it should be rooted in actual or threatened violence.

Conservatives brought in the bill — which would also significantly expand the powers of Canada's spy agency — following the daylight murders of two Canadian soldiers

last October.

The Canadian Security Intelligence Service would become an agency that tries to derail terror plots, not just one that collects and analyzes information. The bill would create a new criminal offence of encouraging someone to carry out a terror attack.

The New Democrats oppose the bill, calling it a serious infringement on civil liberties that will not be effective in reducing terrorism.

The Liberals have agreed to support it with the caveat that they will bring in stronger oversight of the intelligence agencies should they form the next government.

In the House of Commons, Public Safety Minister Steven Blaney said the jihadi extremists' threat is real.

"That is why we need to move on and put measures in place to keep Canadians safe," he said. **THE CANADIAN PRESS**

## Two plead guilty to killing homeless Nova Scotia man

Two Nova Scotia men who doused a homeless man with gas and set him on fire with a cigarette lighter while he was sleeping in a bus shelter pleaded guilty Monday to second-degree murder.

The Crown read a summation of an agreed statement of facts in Harley Lawrence's death after Daniel Wayne Surette and Kyle David James Fredericks entered their pleas.

Lawrence, 62, was found in a burned out bus shelter on Oct. 23, 2013, in Berwick, a small town about 120 kilometres northwest of Halifax. Six months later, Surette, 27, and Fredericks, 25, were charged with first-degree murder.

A preliminary hearing for

### Quoted

**"I hope the family can find some closure."**

Daniel Wayne Surette, one of two men who pleaded guilty to second-degree murder in the death of a homeless man.

Surette and Fredericks began earlier this month, but their defence lawyers agreed Monday to proceed with a trial in Nova Scotia Supreme Court in Kentville, where they pleaded guilty to the reduced murder charge with the Crown's consent.

The two men face a life prison term with no chance of parole until at least 10 years is served. A sentencing hearing has been scheduled for April 28. **THE CANADIAN PRESS**

### Leaks

### Policy tightens lid on federal cabinet secrets

The Conservative government has tightened the lid on federal cabinet secrets in an effort to prevent compromising leaks. A revised policy on the security of so-called cabinet confidences requires all possible breaches — "however slight" — to be reported immediately to the Prime Minister's Office or the Privy Council Office.

**THE CANADIAN PRESS**

### Mohamed Fahmy

### Journalist's retrial postponed

A Canadian journalist who had been imprisoned for more than a year in Egypt expressed frustration Monday as his retrial on widely denounced, terror-related, charges was postponed. After a brief hearing in a Cairo court, Mohamed Fahmy and his Egyptian colleague had their case put over to March 8. Outside court, Fahmy called his retrial "a circus."

**THE CANADIAN PRESS**



Left to right: Aileen Joseph, Sue Martin, Nancy Britan and Beverly Jacobs take part in a national candlelight vigil to honour missing or murdered aboriginal women on Parliament Hill in 2009. Martin's daughter, Terrie, was killed in Calgary in 2002, and no one has been charged for the crime. A roundtable dedicated to addressing the key themes of the issue, including prevention and awareness, will be held in Ottawa on Friday. **FRED CHARTRAND/THE CANADIAN PRESS**

# Roundtable set to address missing, murdered women

## Aboriginal issues.

Groups and activists still pushing for national inquiry

Every year on April 29, Sue Martin marks her daughter Terrie's death by holding a vigil where she cooks and invites family members over to pray and share stories about loved ones.

Terrie was 24 when she was murdered in her Calgary home in 2002 while her children were in their rooms. She had been severely beaten, but to this day no one has been charged for the crime.

Martin believes there need to be tougher laws and more police resources to deal with killings involving aboriginal women like her daughter.

"We need more education for our women, and more safe places for our women to go," Martin said, referring to shel-

ters for aboriginal females.

Those are some of the things Martin wants to see come out of Friday's roundtable in Ottawa on missing and murdered aboriginal women. The roundtable will bring together representatives from the provinces and territories, national aboriginal groups, and the federal government — two delegates from each group will be at the table.

The aboriginal groups attending include the Assembly of First Nations, the Congress of Aboriginal Peoples, and the Native Women's Association of Canada. Aboriginal Affairs Minister Bernard Valcourt and Status of Women Minister Kellie Leitch have also said they'll be participating. The roundtable is being held amid repeated calls for a broader national inquiry.

Prime Minister Stephen Harper's government is instead devoting \$5 million a year for five years toward an "action plan" to end violence against aboriginal women, and says a

### Report

Last May, the RCMP released a report that found between 1980 and 2012 there were 1,181 police-recorded incidents involving missing aboriginal females and homicides of aboriginal females.

- Most of the homicides were committed by men who knew their victims, the report said.
- The roundtable will address key themes including, prevention and awareness, police and justice system responses, and "community safety plans and protocols."

national missing persons DNA index will also help address the problems.

Betty Ann Lavalley, national chief of the Congress for Ab-

original Peoples, who will be at the table Friday, represents one such group.

"Who knows. There's a federal election coming up. Maybe the next time around there will be a better understanding and sympathy toward what a lot of these (missing and murdered) women when through, and hopefully see the rationale for a national inquiry," Lavalley said in an interview.

Dawn Harvard, interim president of the Native Women's Association of Canada, noted that provincial leaders such as Premier Kathleen Wynne understand the missing and murdered aboriginal women's issue is "a crisis" even though the federal government doesn't see things that way.

"How do you have these (different) views of reality?" asked Harvard, a member of the Wikwemikong First Nation on Manitoulin Island, who will also be at the table Friday.

**TORSTAR NEWS SERVICE**

## Charter challenge brought against new voter ID laws

Two advocacy groups are asking the courts to set aside new Conservative election rules that they say will make it more difficult for thousands of Canadians to vote in this year's federal election.

The Council of Canadians and the Canadian Federation of Students have filed evidence to support a constitutional chal-

lenge of last year's legislation, dubbed the Fair Elections Act by the Harper government.

"The very legitimacy of the government is at issue if these rules stand, in our submission," lawyer Steven Shrybman told a news conference Monday.

The groups say new voter identification rules contravene Section 3 of the charter, which

states everyone has the right to vote, as well as the equality provisions in the Constitution.

The Fair Elections Act was introduced last February to near-universal condemnation from electoral experts from across Canada and abroad, and the Conservatives eventually removed a number of the most contentious aspects of the bill

before rushing it through the House of Commons and the Senate.

However the new rules still forbid voters from using the Elections Canada voter identification card as proof of residency — although some 400,000 voters used the cards for this purpose in the 2011 federal election. **THE CANADIAN PRESS**

## Northeastern Nigeria

## Girl suicide bomber kills four others

A girl as young as 10 blew herself up in a busy market in northeastern Nigeria, killing herself and four others and fueling fears Islamic extremists are using kidnapped girls as suicide bombers.

There was no immediate claim of responsibility for the

attack Sunday, which also seriously wounded 46 people, but it bore the hallmarks of Boko Haram.

The girl, who appeared to be no more than 10 years old, got out of a tricycle taxi in front of the busy cellphone market in Potiskum then detonated her explosives, according to Anazumi Saleh, a survivor of the attack who suffered head injuries.

THE ASSOCIATED PRESS

## Bangladesh

## Death toll rises after river ferry disaster

The death toll from a weekend ferry disaster in central Bangladesh rose to 70 on Monday, as divers finished their search after the vessel was lifted to the surface and towed to shore.

A local government administrator, Rasheda Ferdousi, said the area of the river around the accident site was still being monitored because some passengers were still missing. He did not give an exact number.

"Our people are using boats to survey the river for any dead bodies," Ferdousi said.

THE ASSOCIATED PRESS

## Ukraine

## Continued rebel attacks prevent weapons pullback

Ukraine delayed a promised pullback of heavy weapons from the front line Monday, blaming continuing attacks from separatist rebels in eastern Ukraine.

Under a peace agree-

ment reached Feb. 12, both sides are to withdraw their heavy weapons 25 to 70 kilometres back to create a buffer zone. Ukrainian officials said Sunday they were planning to start.

However, military spokesman Lt. Col. Anatoliy Stelmakh told reporters on Monday the pullback will not begin until rebel attacks stop entirely.

THE ASSOCIATED PRESS

# U.S. and Iran talk nuclear

**Tehran.** Iranian officials say they don't want arms, just enrichment for energy, medical and scientific purposes

Edging toward a historic compromise, the U.S. and Iran reported progress Monday on a deal that would clamp down on Tehran's nuclear activities for at least 10 years but then slowly ease restrictions on programs that could be used to make atomic arms.

Officials said there were still obstacles to overcome before a March 31 deadline, and any deal will face harsh opposition in both countries. It also would be sure to further strain already tense U.S. relations with Israel, whose leaders oppose any agreement that doesn't end Iran's nuclear ambitions.

Israeli Prime Minister Benjamin Netanyahu is expected to strongly criticize the deal in an address before Congress next week.

Still, a comprehensive pact could ease 35 years of U.S.-Iranian enmity — and seems within reach for the first time in more than a dec-

ade of negotiations.

"We made progress," U.S. Secretary of State John Kerry said as he bade farewell to members of the American delegation at the table with Iran. More discussions between Iran and the six nations engaging it were set for next Monday, a senior U.S. official said.

Iranian Foreign Minister Mohammad Javad Zarif said the sides found "a better understanding" at the negotiating table.

Western officials familiar with the talks cited movement but also described the discussions as a moving target, meaning changes in any one area would have repercussions for other parts of the negotiation.

The core idea would be to reward Iran for good behaviour over the last years of any agreement, gradually lifting constraints on its uranium enrichment and slowly easing economic sanctions.

Iran says it does not want nuclear arms and needs enrichment only for energy, medical and scientific purposes, but the U.S. fears Tehran could re-engineer the program to produce the fissile core of a nuclear weapon.

THE ASSOCIATED PRESS



## Sinkhole in Naples, Italy, forces 380 to leave area

This photo taken Sunday shows a view from above of the chasm that opened Saturday and enlarged in the night, forcing about 380 people to leave the Pianura district of Naples, Italy.

THE ASSOCIATED PRESS

## Missing. Three U.K. girls possibly headed to Syria

Turkish police searched Monday for three missing British schoolgirls believed to be headed to Syria to join the Islamic State of Iraq and the Levant (ISIL) extremist group as their frightened families issued urgent pleas begging the girls to return home.

The girls, said to be "straight-A students" from the same east London school, disappeared last Tuesday without leaving any messages. Authorities said they boarded a Turkish Airlines plane to Istanbul.

The relatives of Shamima Begum and Amira Abase, both

15, and Kadiza Sultana, 16, broke down in tears as they spoke of their fears on TV.

"We miss you. We cannot stop crying," said Abase Hussein, Amira's father, clutching a teddy bear Amira gave to her mother on Mother's Day. "Please think twice. Don't go to Syria."

The case has captured wide attention in Britain, where authorities say at least 500 people have left for Syria to join extremists and fear they pose a terrorism threat when they return.

THE ASSOCIATED PRESS

## France. Six barred from travel to join extremists

France has barred six people from leaving the country because they wanted to join extremists in Syria, the first such travel ban under a new law aimed at keeping French radicals from gaining violent experience abroad.

Interior Minister Bernard Cazeneuve says some 40 others will face travel bans in the coming weeks. He did not name the six.

The bans issued Monday are the first since a sweeping

anti-terrorism law passed last year. The government is especially worried since attacks in Paris last month killed 20 people, including three gunmen claiming ties to Islamic extremists in Syria and Yemen.

An Interior Ministry official says the passports and ID cards of the six have been declared invalid for six months, a measure that can be extended for up to two years.

THE ASSOCIATED PRESS

# Palestinian authorities found liable for Israel terror attacks

The Palestine Liberation Organization and the Palestinian Authority were the catalysts for a series of terrorist attacks in the early 2000s in Israel that killed or wounded several Americans, a U.S. jury found Monday at a high-stakes civil trial.

In finding the Palestinian authorities liable in the attacks, jurors awarded the victims \$218.5 million in damages for the bloodshed. The U.S. Anti-Terrorism Act could allow for that to be tripled.

The case in Manhattan and another in Brooklyn have been

viewed as the most notable attempts by American victims of the Palestinian-Israeli conflict to use U.S. courts to seek damages that could reach into the billions of dollars.

The Palestinian Authority, which had argued that the attackers acted on their own, said it would appeal.

"The charges that were made against us are baseless," Deputy Minister of Information Mahmoud Khalifa said in a statement.

None of the victims was in the courtroom Monday for the verdict, but their lawyers

called it a victory in the fight against terrorism.

"It's about accountability. It's about justice," attorney Kent Yalowitz said. He and an attorney with the Israel Law Centre, which helped with the case, vowed to collect the damages by pursuing Palestinian Authority and PLO bank accounts, securities accounts, real estate and other property that may be in the U.S., Israel and elsewhere.

"Now, the PLO and the Palestinian Authority know there is a price" for supporting terrorism, Israel Law Center attor-

ney Nitsana Darshan-Leitner said.

Yalowitz had urged the Manhattan jury to order the PLO and Palestinian Authority to pay \$350 million for providing material support to terrorists involved in six bombings and shootings from 2002 to 2004.

No amount could make up for the human toll, he said.

"But if the only thing you can give them is money, then money has to stand in as compensation for the unspeakable loss," he added.

THE ASSOCIATED PRESS



Attorney Kent Yalowitz, right, representing those affected by attacks in Israel in the early 2000s, hugs Mark Weiss of New York outside a federal courthouse in New York Monday. THE ASSOCIATED PRESS





The last light of the day sets on Mount Everest as it rises behind Mount Nuptse. KEVIN FRAYER/THE ASSOCIATED PRESS

# Nepal to fix safety risks on Everest

**Kathmandu.** Nation works to improve conditions for climbers after avalanche last April killed 16 guides

Nepal is improving its weather forecasting, stepping up security and promising swift rescues if needed during the upcoming climbing season on Everest in an attempt to recover from the worst mountaineering disaster on the world's highest peak last year.

Fees for individual climbers will also be cut to lure back climbers after last year's season was abandoned due to grief and safety concerns following an avalanche near base camp last April that killed 16 local guides.

For the three-month climbing season that begins in March, the government will ensure safer conditions for both international climbers and Nepalese guides and will set up a camp for officials at base camp, the chief of Nepal's mountaineering department Purna Raj Khatiwada said Monday.

## Quoted

**"The risk has become truly too great."**

Adrian Ballinger of the California-based Alpenglow Expeditions. The firm is ceasing operations on Everest's south side, in Nepal, and shifting to the north face, in China, due to one treacherous section on the south.

"We are working on plans to improve the conditions on the mountain this year. We are setting up a full-time office tent at the base camp, which will have our officials throughout the climbing season," Khatiwada said.

That would allow the officials to quickly respond to any problem.

Adrian Ballinger of California-based Alpenglow Expeditions said there were too many people on the mountain without climbing experience and that Nepal should have regulations requiring climbers to have high-altitude experience before being issued a climbing permit.

"There is no need for dining tables or heaters at Camp 2," he said, adding that a highly funded and trained rescue team should be at the base camp to respond when needed. **THE ASSOCIATED PRESS**

## Florida

### Police dog retires over biting attacks on civilian, officer

A police dog is being kicked off the force after biting a doughnut shop worker and an officer.

The dog, Renzo, age 4, had been with the Coconut Creek Police for a year. The Belgian Malinois bit an officer in November

while tracking a suspect. Last week, he went out of control and bit a Dunkin' Donuts worker.

Renzo and Officer Carl DiBlasi went to the shop to meet a sergeant who began to pet Renzo. The dog lunged at her. DiBlasi tried to restrain Renzo, who broke away and bit the doughnut shop worker.

The retired dog will now live with Officer DiBlasi.

**THE ASSOCIATED PRESS**

### Texas. Prognosis good for 10-month-old girls separated by surgery

Doctors are optimistic that 10-month-old conjoined twin girls will survive the surgery that has separated them.

It took 26 hours last week to separate the girls, Knatalyne Hope Mata and Adeline Faith, who shared a chest wall, lungs, a part

of their heart lining, diaphragm, liver, colon, intestines and pelvic area, according to surgeon Darrell Cass. The surgery, which took place at Texas Children's Hospital in Houston, had been planned since before they were born. **THE ASSOCIATED PRESS**

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## Labour force. Women key to healthy economy: IMF

Countries that hold women back from the workforce are actually hurting their economies and contributing to lost productivity despite slowing global growth, says a new report from the International Monetary Fund (IMF).

The estimated gain in gross domestic product (GDP) for countries that close their gender gaps ranges from 15 to 35 per cent, says the study released Monday.

The gender-equity issue was pushed into the spotlight Sunday night at the Academy Awards after an impassioned plea from Patricia Arquette, who won the best supporting actress award for her role as an impoverished single mother in the movie *Boyhood*.

"To every woman who gave birth to every taxpayer and citizen of this nation, we have fought for everybody else's equal rights. It's time to have wage equality once and for all," she said to rousing applause in her offbeat acceptance speech that brought cheering fellow actresses Meryl Streep and Jennifer Lopez to their feet.

### Legal restrictions

The IMF study found that despite progress on gender equity, almost 90 per cent of countries still have at least one legal restriction based on gender, and 28 countries have 10 or more such laws. (Canada is not on either list.)

- Restrictions include limits on women's property rights and laws that allow husbands to prevent their wives from working or ban women from entering certain professions.

Losses in GDP due to economic gender gaps range from about 15 per cent in several countries, including Greece, Italy and Japan, to about 35 per cent in Qatar, Iran and the United Arab Emirates, the document shows, adding the losses would result in similar increases in GDP if gender gaps were removed.

TORSTAR NEWS SERVICE



Molly Maid workers clean a client's downtown Toronto apartment Friday. Molly Maid president Kevin Hipkins says tech-based 'disruptive' companies like Handy, HomeJoy or TaskRabbit are merely ways to evade taxes — getting around the employer-employee rules by calling them subcontractors.

ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

## Sharing economy blamed for creating 'culture of tax cheats'

**Underground economy.** Tech companies like Uber are emerging in other sectors such as cleaning services

says these new "disruptive" tech companies such as Handy and Homejoy, funded through the deep pockets of venture capital, are not playing by the rules.

Because these companies consider the cleaner, handyman or furniture assembler to be independent contractors, they're not employees, and therefore not subject to significant employer contributions for items such as employment insurance or Canada Pension Plan.

Molly Maid, with about 1,200 employees, operating in all provinces except Que-

bec, ends up at a disadvantage when it comes to its profit model compared to these new companies, Hipkins said.

He concedes that cleaning services and cleaners have long represented a huge chunk of the underground economy — some estimates peg it at more than \$3 billion a year in Canada.

Hipkins believes there's a difference when it's a small under-the-table arrangement between a client and individual cleaner, versus a large U.S. company with millions in market capitalization.

Handy, which launched in Toronto last April and in Vancouver in June, says it is absolutely not evading taxes.

"Handy aims to be compliant with all local laws irrespective of jurisdiction," the company said in an email, arguing the Handy model allows professionals to choose their hours, work and schedule.

Homejoy, a California-based company, was operating in Toronto but suspended service there late last year. It did not respond to a request for comment.

TORSTAR NEWS SERVICE

### Market Minute

**DOLLAR**  
79.52¢ US (-0.19¢)

**TSX**  
15,200.26 (+28.02)

**OIL**  
\$49.45 US (-\$1.36)

**GOLD**  
\$1,200.80 US (-\$4.10)

**Natural gas:** \$2.879 (-7.2¢)  
**Dow Jones:** 18,116.90 (-23.60)

### CRTC

#### Bell seeks to appeal mobile TV ruling

Bell Mobility has asked the Federal Court of Appeal that it be allowed to appeal a Jan. 29 CRTC ruling, which called the service provider's pricing model for its mobile TV app "unlawful" because it effectively made mobile TV services from other providers artificially more expensive and thereby uncompetitive.

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## VOICES

# KNOW YOUR ZONE? KNOW YOUR RESPONSIBILITY

Snow-related parking bans are well advertised — yet, every time the city declares one, thousands of Winnipeggers manage to be completely oblivious



**YOUR RIDE**  
Colin Fast

The TV news story opens with a shot of a parking ticket on a snow-covered windshield, and cuts to an interview with a woman complaining about how she didn't know about a residential parking ban.

While it was posted on CBC Manitoba's website last week, the video is actually archival footage from a 1995 snow-clearing effort. A similar clip from 1984 shows a row of ticketed cars that plows had swerved around.

I suspect if CBC were around in 1884, it would have gathered images of illegally parked horse-drawn wagons clogging the streets after a blizzard.

The point is that while some people complain about the city's relatively new Know Your Zone snow-clearing system, Winnipeggers haven't been able to figure out, for decades, where to park their cars when it snows.

And the problem isn't with the public works department, it's with individual vehicle owners.

The city already uses newspapers, radio, TV, social media and websites to warn people when a residential parking ban is in effect. Citizens can sign up to receive automated email advisories at the city's website and they can call 311 to check when they need to move their vehicles.

There's even an ongoing public education campaign that runs throughout the winter — whether there's snow or not — that reminds vehicle owners to "Know Your Zone"



Got a ticket during the recent snow-clearing? It's no one's fault but your own. SHANE GIBSON/METRO

in case of a major snow event.

Yet every time the city declares a parking ban, thousands of Winnipeggers manage to be

completely oblivious.

Some blame the confusion on media fragmentation, and make the excuse that not everyone reads the

newspaper, listens to the radio or watches TV. But as the CBC clips show, even 30 years ago when most people did follow mainstream

**DO YOU HAVE A TRANSIT IDEA?**  
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winnipeg@metronews.ca

media, drivers somehow managed to avoid the message.

Sure, there are a few obvious steps the city could take to further improve public awareness. A location-based smartphone app could tell people whether it's safe to park whether they're at home or visiting another part of the city. Tags on lampposts could mark zones more clearly. And electronic reader boards along major routes could notify citizens that a major plowing operation is underway.

But at a certain point the city's responsibility to inform ends, and the citizen's responsibility to be informed begins.

If you own a car and it snows, then it's your job to get on the grid for a few minutes and check when you need to move it to the garage, a friend's house or a parking lot.

And if you can't be bothered to do that, then perhaps stop complaining and accept that a few hundred bucks in fines is a small price to pay for wilful ignorance and year-round access to on-street parking.

*Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.*

## When it comes to Gay-Straight Alliances, language matters



**PAM KRAUSE**  
readers@metronews.ca

Language is important when discussing sexuality — and in a situation where we're trying to promote openness, being vague with the name of Gay-Straight Alliance clubs could backfire.

There have been a lot of conversations about GSAs in schools. Should they be mandatory, can schools opt out of them, and why are they necessary? Most recently, debate sprung up about what they should be called, with some schools in Alberta advocating for

the term "diversity clubs."

Dropping terms such as gay, bisexual and lesbian further alienates an already marginalized group of teens by reinforcing the idea that different sexual orientations are something of which to be ashamed.

Gay-Straight Alliances (GSAs) have existed in North America since 1989 and are instrumental in creating a safer school environment. The clubs work specifically with LGBTQ youth, their allies and supportive teachers to create a safer space for teens, offering advocacy, support or education and awareness.

GSAs generally follow a guide-

line and there have been tool kits developed on what makes a GSA.

Decades of research and practice have given schools a recipe for ensuring a GSA can impact school culture in a positive way for all students.

It is critical that GSAs exist as a separate club devoted to LGBTQ culture. If we were to call these groups "diversity" clubs — a term that is vague and could suggest diversity of gender, ethnicity or ability — we'd be overlooking the unique experiences of what it means to be an LGBTQ youth.

And those experiences are indeed unique. In 2009, a Canadian

Study by the human rights charity Egale found that three-quarters of LGB students and 95 per cent of transgender students felt unsafe at school, compared to only 20 per cent of straight students. GSAs have been instrumental in improving those numbers for LGBTQ teens. Research shows that the existence of GSAs in schools reduces the fear of discrimination among LGBTQ students, that there is less homophobic language in school hallways. More LGBTQ youth in GSA schools report knowing a teacher with whom they can talk safely.

Because these clubs are so im-

portant in promoting a feeling of inclusiveness for LGBTQ teens, and in promoting a sense of dialogue and understanding within the school community, we need to take them seriously.

We need to focus on building acceptance, and not simply settling for tolerance in our communities. Building safe communities for LGBTQ youth through healthy, open and honest Gay-Straight Alliance clubs is an important place to start. Beginning with their names. Because language matters.

*Pam Krause is the president and CEO of the Calgary Sexual Health Centre*



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## SCENE 2

Gossip

## NED EHRBAR

METRO'S TAKE  
ON THE WORLD  
OF CELEBRITIES

Gisele Bündchen is reportedly not happy about husband Tom Brady's plans to get into acting, as she wants him all to herself. GETTY IMAGES

## Gisele's not ready to let Hollywood have Tom

Hey Tom Brady, you were just named the NFL's Super Bowl MVP. What are you going to do now? Head for Hollywood, apparently. According to the fine, reputable folks at Star magazine, Brady is reportedly mulling over an acting career once he retires from football

because why not? "At 37, Tom knows he only has a few seasons left before retirement. He's thinking ahead and believes he could become a huge movie star," a source says. "He's used to being a superstar. After winning the Super Bowl again, he's thinking about new

challenges outside of football." Only one problem, though. His wife, Gisele Bündchen, is said to be not so hot on the idea, if only because of him potentially spending time on screen with attractive female co-stars. But let's not get ahead of ourselves, right?



Benji shows off his smudgy new tattoo. INSTAGRAM/BENJAMINMADDEN

## With this tattoo, I thee wed

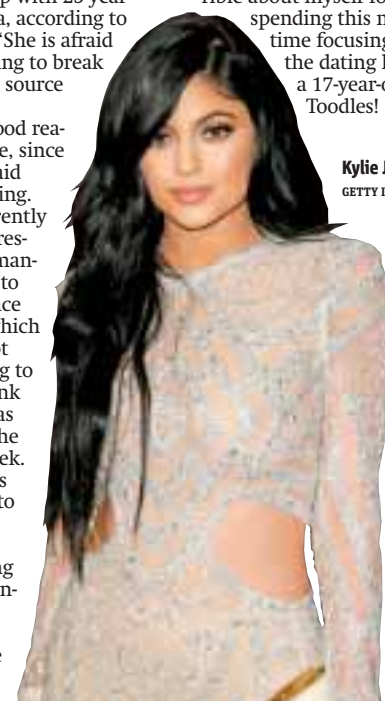
Nothing says "I love you" like getting a woman's name tattooed somewhere on your body, right? At least that's the thinking of Benji Madden, who had wife Cameron Diaz's name emblazoned across his chest as a sign of his devotion. To be fair, though, Madden is already so tatted up that the new addition is kind of tough to make out amid all the other inky noise. Still, how romantic? I guess?

## Kylie and Tyga are more off than on

Tough breaks for Kylie Jenner. The 17-year-old reality personality has been "crying all week" over the state of her relationship with 25-year-old rapper Tyga, according to Radar Online. "She is afraid that Tyga is going to break up with her," a source explains.

And with good reason, I'd imagine, since Tyga himself said they aren't dating. And he's apparently been getting pressure from his management team to keep his distance from Jenner, which may or may not have something to do with the stink Amber Rose was raising about the pairing last week. "Tyga's advisers have told him to not be spotted out in public with Kylie doing anything romantic, including holding hands, or kissing," the

source says. "Tyga has tried to reassure Kylie that they are solid, but she has her doubts." And now I'm off to feel terrible about myself for spending this much time focusing on the dating life of a 17-year-old. Toodles!

Kylie Jenner  
GETTY IMAGES

## Duff's divorce is proceeding at a snail's pace

Hilary Duff has finally filed for divorce from hockey player Mike Comrie a year after they initially announced their separation. And if that doesn't seem like a long enough time to get the paperwork in order, on the filing itself Duff lists their actual date of separation as January 2013, according to TMZ. But hey, you have to be methodical in these things, right? Duff cites the old standby, "irreconcilable differences," for the split, and she's looking to make sure he doesn't get any piece of her finances or earnings, since they reportedly have a prenup. You'd think that would've helped speed things along, though.



Hilary Duff GETTY IMAGES





GETTY IMAGES

# Best breakup-inspired albums

On March 16, Björk will release the physical version of *Vulnicura*, the album that leaked to the Internet in late January and became available on iTunes shortly thereafter. In nine new tracks, the Icelandic artist explores the consequences of the end of a relationship — specifically, hers with contemporary artist Matthew Barney. To mark the occasion, here's a selection of some of the most notable breakup-inspired albums from recent music history. **AFP**

## The Visitors by Abba

Even in the land of Abba, with its peppy beats and optimistic lyrics, breaking up is hard to do. The *Visitors*, released in 1981, is the band's eighth and final album, and the one that represents the collapse of the group. Benny and Frida had already announced their divorce when the band went into the studio, as had Agnetha and Björn. The breakup theme underscores the entire record and is particularly obvious in the track *When All Is Said and Done*.

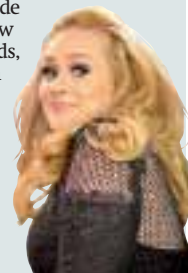


## Blood on the Tracks by Bob Dylan

Dylan wrote this album, released in 1975, after the breakdown of his marriage to Sara Lownds, his companion of a decade. While the divorce sent the singer-songwriter into a deep depression, it was arguably instrumental in bringing the world such classics as *Tangled Up in Blue* and *You're Gonna Make Me Lonesome When You Go*.

## 21 by Adele

No one likes to hear it when they're going through it, but sometimes a breakup is a blessing in disguise. For proof, look no further than Adele, who wrote her second album, *21*, after parting ways with her companion at the time. Who can say whether the separation was inevitable, but at any rate, the young singer's career skyrocketed after she became single. The album sold over 20 million copies worldwide and scored a few Grammy Awards, and Adele even went on to pick up an Oscar in the following year for her contribution to the *Skyfall* soundtrack.



## For Emma, Forever Ago by Bon Iver

In 2007, a certain Emma left her boyfriend Justin Vernon, who decided to mend his broken heart in a cabin in the woods of Wisconsin. Three months later, he returned to civilization with his new music project, Bon Iver, and an album with nine tear-jerking tracks. For Emma, *Forever Ago* quickly found favour with indie music critics, and the track *Skinny Love* went on to reach an even larger audience thanks to a cover by singer Birdy.

## Life is Good by Nas

"I was your Johnny Depp, you was my Janis Joplin," Nas raps on *Bye Baby*, a track from his 2012 album *Life Is Good*. The couplet is addressed to the rapper's ex-wife, the R&B singer Kelis, who had filed for divorce a few years earlier while pregnant. On the album cover, Nas holds her wedding dress across his lap and wears a dissatisfied expression, suggesting that life is not actually so good after all.



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# Skin care from the inside out

Besides treating your skin gently by taking shorter showers and moisturizing, you could be doing more to keep it looking and feeling healthy during winter and beyond. Cut out as much sugar as possible because it makes you age faster by interfering with collagen production. Keep green tea handy since it's packed with catechins that boost blood flow. And add these foods to keep your cheeks rosy.

EVA KIS  
Metro in NYC

## Dark chocolate

Is there anything cocoa can't cure? Opt for dark chocolate that's at least 70 per cent cacao — a German study found that the high concentration of flavanols helps thicken skin and boost hydration.



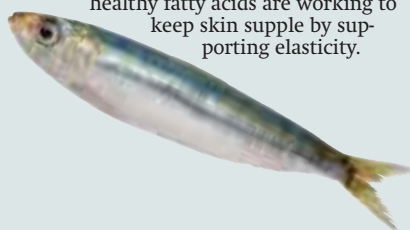
## Olive oil



Whether it's the polyphenols keeping free radicals at bay or mono-unsaturated fatty acids lubricating skin from the inside out, a 2012 study found that women who ate more than two teaspoons a day showed 30 per cent fewer signs of aging. Look for the cold-pressed and extra virgin kind, which doesn't lose nutrients during processing.

## Sardines

Give these little fish a try. Their omega-3 content is similar to salmon, and those healthy fatty acids are working to keep skin supple by supporting elasticity.



Fill your basket with these foods to incorporate into a skin-care routine. ISTOCK

## Kiwi

They're packed with nearly twice as much vitamin C, pound for pound, as oranges, a vitamin that boosts collagen production, firms your skin and reduces dryness.



## Sunflower seeds

A teaspoonful on your salad is enough to get about a third of your daily vitamin E (which should already be part of your skin care routine). It also has zinc. Both nutrients strengthen cell membranes for a smoother complexion.



## Kale

As if kale needed another thing to add to its resumé. For your skin, it contains the powerful antioxidants lutein and zeaxanthin that eliminate free radicals. Bonus: Kale also contains vitamin C.



## Study. Try this one habit to improve your sleep

If you're trying to get better sleep, conventional wisdom has just been unseated by meditation.

Short of prescriptions, the recommendations for getting quality sleep have long been things like setting a bedtime routine and keeping the TV out of the bedroom.

But a new study just released by the University of Southern California, Los Angeles, put a traditional program for changing poor

sleep habits up against one where participants were trained in a mindful meditation practice.

Though the study was small, involving 49 people with disturbed sleep patterns, Dr. David S. Black and his team found that those taught meditation techniques improved their sleep by 27 per cent, while the better bedtime routine group only showed an 11 per cent rise in sleep quality.

The meditation group



Meditation could help you rest easy. ISTOCK

also showed improvement in secondary symptoms like insomnia, depression and fatigue severity. Both groups saw comparable, moderate declines in anxiety, stress

and inflammation.

Sleep disturbances are associated with higher levels of fatigue, mood problems like depression and general lower quality of life.

Another recent study found an additional benefit of meditation: It helped stall age-related decline in brain function.

EVA KIS/METRO IN NYC



# HEALTH AND WELLNESS

## Surviving the cold season all relative

Winnipeggers are unquestionably a hardy bunch. And after last winter's spell of -50-degree temperatures, this season seems a breeze.

For those who wish to take advantage of the milder outdoor temperatures, there are a bevy of options to keep active and maintain healthy doses of vitamin D.

Our mood and energy levels tend to fluctuate when exposure to sunlight decreases, so schedule regular meet-ups with friends and family to stay active and even-keeled.

You can also stave off winter weight gain by mall-walking as you window shop or by visiting a dog park and watch the furry ones frolic.

An easy way to keep your health up in the winter season is by increasing your fluid intake.

Water is a great source of hydration and the six-to-eight glasses rule has stood the test of time. Adding lemon slices to

### WINTER WEIGHT

Many of us are guilty of using winter as an excuse to bunker down, skip the gym and curl up in front of the TV.

But remember: winter weight is much harder to take off than it is to put on!

your water offers a refreshing boost and a healthy dose of vitamin C. Consider antioxidant-rich green and white teas, which help your digestive system.

You should also consider adding zinc-rich foods to your diet to help boost your immune system. Foods such as oysters, lean beef, turkey, lentils, pumpkin and yogurt are all good sources.

And if winter has you chilled to the bone, nothing beats a warm, relaxing massage. Consider it a late-season treat.



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## MASSAGE THERAPY WORKSHOP

Are you interested in learning about the benefits of massage therapy?

If so, Wellington College is offering the perfect opportunity during their introductory workshops on March 21 and May 9 from 9 a.m. to 4 p.m.

"These workshops are ideal for those new to massage and wish to use massage with family and friends. It is also a starting point for those who may be interested in making massage therapy a career," says Brie-Ann Timings, Associate Director.

This in-depth workshop will provide students with the skills and techniques to give a great massage in both sitting and lying down positions using the following techniques; effleurage, petrissage, friction and tapotement.

Topics such as the effects of massage and practical application will also be covered.

"The objective of this workshop is to allow students to be confident in their approach and understanding of what they are

doing and by the end of the day have the confidence to perform a basic body massage for family and friends," says Timings.

Each student will receive a comprehensive PowerPoint presentation and a certificate of attendance signed by the instructor.

The cost of the workshop is \$99 plus GST, but if you sign up with a friend, you will receive BOGO at 50 per cent off.

Call Wellington College at 204-957-2402 or visit [wellingtoncollege.com](http://wellingtoncollege.com) for further details.

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# U Weight Loss success story, before and after

Are you ready to shed a few pounds? If so, U Weight Loss Clinic has the answer.

The U Weight Loss Clinic program was developed by Canadian medical and naturopathic doctors.

Rather than a diet, it's a program that focuses on education of the simple science behind safe and effective weight loss.

More importantly, clients learn how to keep their weight off permanently.

"It is certainly not the antiquated formula of 'eat less and exercise more,' but rather a unique approach that focuses on revving up the body's metabolism and balancing the body's own hormones," says U Weight Loss Clinic Vice President, Moira Quigg-Lee.

For example, when there is an excess amount of the hormone insulin, the body will naturally store fat. Quigg-Lee says that all carbohydrates are recognized at the cellular level as sugar and it is excess sugar in the system that spikes insulin levels, and thus weight gain.

The clinics provide thousands of delicious and simple-to-prepare recipe options that ensure hormones remain balanced.

**"AS A FORMER CLIENT I KNOW FIRST-HAND THAT OUR PROGRAM CHANGES LIVES. WE ARE ALWAYS DELIGHTED TO SEE OUR CLIENTS' REACTION TO THEIR INDIVIDUALIZED PROGRAM, AND PARTICULARLY, THE WONDERFUL RESULTS THEY ACHIEVE."**

**– UWL Clinics' Area Manager, Erin deRose.**

Clients can eat in restaurants, even fast food venues, or make their own recipes based on the program's simple principles. Perhaps the biggest surprise is how much food one actually eats on this program.

"In order to stimulate our metabolism, we have to eat three generous meals plus two snacks daily," says Quigg-Lee.

All programs are individualized, and



CONTRIBUTED

one-on-one support by certified UWL health coaches has also contributed to the success of the clinics in Canada. Clients rave about the program because it works.

"Our national average for weight loss is

just shy of seven pounds in the first week and an average of two to three pounds per week thereafter," Quigg-Lee says.

For further information, call U Weight Loss Clinics at 204 487-4274 or 204 253-7148.

**Shirley**  
Took 26 weeks  
to lose 52 lbs

After Before

## U weight loss clinics™

# TAKE IT ALL OFF & FALL IN LOVE WITH U AGAIN

**U Weight Loss Clinics provide a simple, science-based program that:**

- Revs up your metabolism
- Burns fat
- Teaches you how to combine delicious foods to balance your hormones and drop inches quickly

**AVERAGE WEIGHT LOSS FOR THE FIRST WEEK:**

## JUST UNDER 7 LBS!

**LIGHTEN UP FOR SPRING**

**Sherri**  
Took 10 weeks  
to lose 20 lbs

Before After

**Karla**  
Took 19 weeks  
to lose 48 lbs

After Before

**Peter and Irene**  
Took 18 weeks  
to lose 118 lbs

After After

**Peter and Irene**  
Took 18 weeks  
to lose 118 lbs

Before

**1602 St Mary's Road T: 204-253-7148 E: ustmarys@uweightloss.com**  
**14-1865 Grant Avenue T: 204.487.4274 E: ukenaston@uweightloss.com**

# New research chair targets Type 2 diabetes

*Funding will help tackle disease surging among Manitoba First Nations youth*

With \$925,000 in funding over the next five years, a new research chair will help tackle a puzzling surge in Type 2 diabetes among Manitoba's First Nations youth.

Long considered an adult affliction, the debilitating disease first appeared in an indigenous child in the province during the mid-1980s.

"It has since exploded to an average of 50 cases a year," says Dr. Jon McGavock, a scientist at the Children's Hospital Research Institute of Manitoba in Winnipeg who will direct the groundbreaking study. "One new case is diagnosed every week in Manitoba."

So far, conventional treatment and prevention methods, focusing on diet and exercise, have proved largely ineffective. Funded by the Canadian Institutes of Health Research and the Public Health Agency of Canada, the recently announced Applied Public Health Chair will examine the efficacy of holistic community-based approaches to prevent and manage the disease.

"Population-based interventions for diabetes in children shouldn't simply focus on the physical aspects of a child's health," says

## DREAM TEAM

The Applied Public Health Chair is embedded within the Diabetes Research Envisioned and Accomplished in Manitoba (DREAM) initiative, where Dr. McGavock hopes the multidisciplinary research team can answer three questions:

- Why do some children develop Type 2 diabetes while others don't?
- How can further spread among high-risk children be prevented?
- Can a child diagnosed with diabetes lead a long and productive life?

McGavock, who also serves as an associate professor in the Department of Pediatrics at the University of Manitoba.

"The indigenous approach says we need to address spiritual, mental and emotional health — as well as physical health — to have a balanced, harmonized child."

According to McGavock, "resilience in the face of adversity" could be the key to success



CONTRIBUTED

for aboriginal youth with diabetes, many of whom also grapple with food insecurity, crowded quarters, historical-cultural trauma and other issues.

The initial phase of research will assess whether existing peer-led, after-school programs designed to boost self-esteem in First Nations youth can also help those with Type

2 diabetes manage their condition. In its final phase, this initiative could be expanded to up to 30 schools throughout Manitoba.

"If we can identify some school-level factors we think are important," McGavock says, "they can also help determine how effective the intervention is when it's spread out broadly across the province."

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Hospital  
Research  
Institute  
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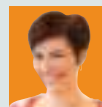
Researchers at the Children's Hospital Research Institute of Manitoba continue to work on groundbreaking research to improve the health of Manitoba's children.

**Research...  
for a healthy future**

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## Health check

Learn about  
what's on  
those labels

**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Was your New Year's resolution to read labels more vigilantly? Didn't think so, but it could be one key thing standing between you and your health.

Studies show that knowing which package is better for you does influence your purchase.

Of course, if you are buying fresh fruits and vegetables, you don't need a label because there isn't one thing in that section that is unhealthy.

The tricky bit is the time it takes to compare products while standing in the aisle.

But there are shortcuts:

- Look only at the ingredient list. It should be very short and contain only whole foods
- The per cent daily value of sodium represents your maximum for the day, so each snack

food should be less than 15 per cent per serving.

- The less sugar the better, no matter the source (including fruit!)
- Whole frozen meals should represent less than 500 calories per serving and you should be careful to only have the specified serving size

Be sure that you are filling at least half of every plate with items from the fresh produce aisle and you can't go wrong.

**Snack foods should be less than 15 per cent of your daily value of sodium per serving.**  
ISTOCK

Nutrition Facts		
Serving Size 2/3 cup (51g)		
Servings Per Container About 9		
	Cereal with 1/2 cup	
Amount Per Serving	Cereal	Skin Aisle
<b>Calories</b>	240	280
Calories from Fat	70	70
	% Daily Value**	
<b>Total Fat</b> 8g*	12%	12%
Saturated Fat 2.5g	13%	13%
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 50mg	2%	5%
<b>Total Carbohydrate</b> 37g	12%	14%
Dietary Fiber 3g	12%	12%
Sugars 13g		
<b>Protein</b> 4g	8%	16%
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	6%	6%

Take comfort in these tasty  
low-cal cheater cabbage rolls

**Casseroles.** This is one recipe where cutting corners yields some great results

Comfort food casseroles used to take too much time and cost too much in terms of calories, but with a few smart shortcuts, they can be your weeknight secret.

In these rolls, I used PC instant brown rice, which saved me 40 minutes and layered the cabbage rather than roll each individual one.

## Directions

1. Bring broth and water to boil in a very large pot. Cut core from cabbage centre and drop, cut part facing down into broth.

Allow the liquid to return to the boil to loosen and soften leaves.

2. Remove cabbage from liquid and peel off 12 large leaves of cabbage.

3. Add rice to the broth, cover and simmer for 10 minutes. Stir in Italian seasoning and garlic powder.

Empty into a large bowl and set aside.

4. In the same pot, cook grated onions and carrots in a little oil until soft and add to rice bowl.

5. Use the same pot to cook ground beef in 1/2 cup water until fully boiling and



This recipe serves 10. TERESA ALBERT

cooked through.

Pour off all water and fat through strainer and add to the rice pot. Next, add half a jar of tomato sauce to the rice.

6. Roll cabbage leaves lengthwise and cut across the grain to make strips and lay half into the bottom of a casserole dish.

7. Top with rice and beef mixture. Top with remaining chopped cabbage leaves

and remaining tomato sauce.

(Can be stored in the fridge up to 2 days at this stage).

8. Cover with foil and bake 375 degrees for 20 minutes.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## Ingredients

- 2 cups beef broth
- 1/2 cup water
- 1 head Savoy cabbage
- 2 cups instant brown rice
- 1 tbsp Italian seasoning
- 1 tsp garlic powder
- 1 tsp extra virgin olive oil
- 2 onions, grated
- 2 carrots, grated
- 1 tsp grapeseed oil
- 1 lb ground beef medium
- 1 jar tomato sauce

## Try roasting your cabbage for a sweet and savoury treat

Cabbage is full of vitamins, as well as calcium and iron. And 1 cup of it has only about 20 calories, so you can load it onto your plate. Roasting cabbage brings out its sweetness, as well as a delicious earthiness. Pair it with some aromatics like onion, shallot or garlic and a hearty spice, then you've got a dish that is downright tasty.

## Directions

1. Heat the oven to 400 F. Line a rimmed baking sheet with foil.

2. Cut the cabbage into quarters, then cut out the thick stem and core from each piece and discard.

Slice each quarter into 4 wedges for a total of 16 pieces.

3. In a large bowl, combine the cabbage wedges with the onion and apples, then drizzle with the olive oil and toss gently to coat.

Sprinkle the curry powder over everything, coating all sides of the cabbage mixture.

Season with salt and pepper. Transfer the mixture to

## Ingredients

- 1 medium head green cabbage
- 1 yellow onion, sliced into thick wedges
- 2 Granny Smith apples, peeled and sliced into 8 wedges each
- 2 tbsp olive oil
- 1 tbsp curry powder, hot or mild
- Kosher salt and ground black pepper
- 1/4 cup currants
- 1/4 cup toasted almond slivers
- Lemon wedges, to serve

the prepared baking sheet. Bake until tender and all sides are golden, about 20 minutes, turning halfway through.

4. Sprinkle the currants and almonds over the cabbage, then toss lightly to mix. Serve with lemon wedges.

**THE ASSOCIATED PRESS**



This curried roasted cabbage recipe serves four. THE ASSOCIATED PRESS



# DSFM curriculum ensures success

## *Francophone school preps for post-secondary*

Despite their similarities, francophone schools are quite different from those offering French immersion programs. Francophone schools promote French as a first language and also actively involve students in a process that encompasses culture and identity building.

The Division scolaire franco-manitobaine (DSFM) hosts 23 schools within the province of Manitoba with a graduation rate of 96 per cent and over 5,200 students from kindergarten to Grade 12. The DSFM offers a French education to children of francophone heritage under the Canadian Charter of Rights and Freedoms.

The educators, program co-ordinators, administration, and specialists within DSFM work closely with the ministry of education to develop the highest-quality curricula that ensures a high rate of student success both academically and culturally.

DSFM's mandate is to ensure that every student flourishes in a climate of inclusion and respect, building self-sufficiency and well-developed skills. With the exception of English courses, all programs are conducted entirely in

### **DIVISION HAS FULL RANGE OF OFFERINGS**

The Division scolaire franco-manitobaine has a wide variety of offerings. These include:

- Full-time kindergarten
- Early childhood services
- A sports and culture exchange program
- A leadership program for teenagers
- Free school bus transportation
- Flexible distance-learning courses
- Work-experience programs
- Post-secondary equivalency courses with local universities
- An industrial-arts exploration program

French: Students learn, speak, play sports, and engage in many other activities in French.

"Students have the opportunity to develop essential knowledge and skills to enable them to attend post-secondary education in either



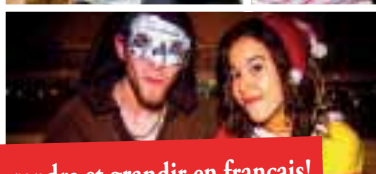
CONTRIBUTED

French or English," says Marcel Druwé, senior years co-ordinator.

Students also engage in DSFM's well-rounded arts program, which includes drama, visual arts, dance, and music. A full health and physical education program offers students the ability to learn about healthy life choices and the benefits of physical activity.

The Division also hosts a two-year international baccalaureate program for Grade 11 and 12 students, which is recognized worldwide. Information about this integrated program is available at [ibo.org/fr](http://ibo.org/fr).

To learn more about DSFM, its services and programming, contact 1-800-699-3736 or visit their comprehensive website at [dsfm.mb.ca](http://dsfm.mb.ca).



**Ici, je peux apprendre et grandir en français!  
Here, I can learn and grow in French!**

## Un enseignement en français au cœur du Canada A French education in the heart of Canada

### LA DIVISION SCOLAIRE FRANCO-MANITOBAINE SE DISTINGUE PAR :

- La qualité élevée du français et de l'anglais de ses diplômés ;
- La variété des programmes académiques et culturels ;
- La capacité de bien réussir tant au postsecondaire que sur le marché du travail.

### THE DIVISION SCOLAIRE FRANCO-MANITOBAINE STANDS OUT FOR:

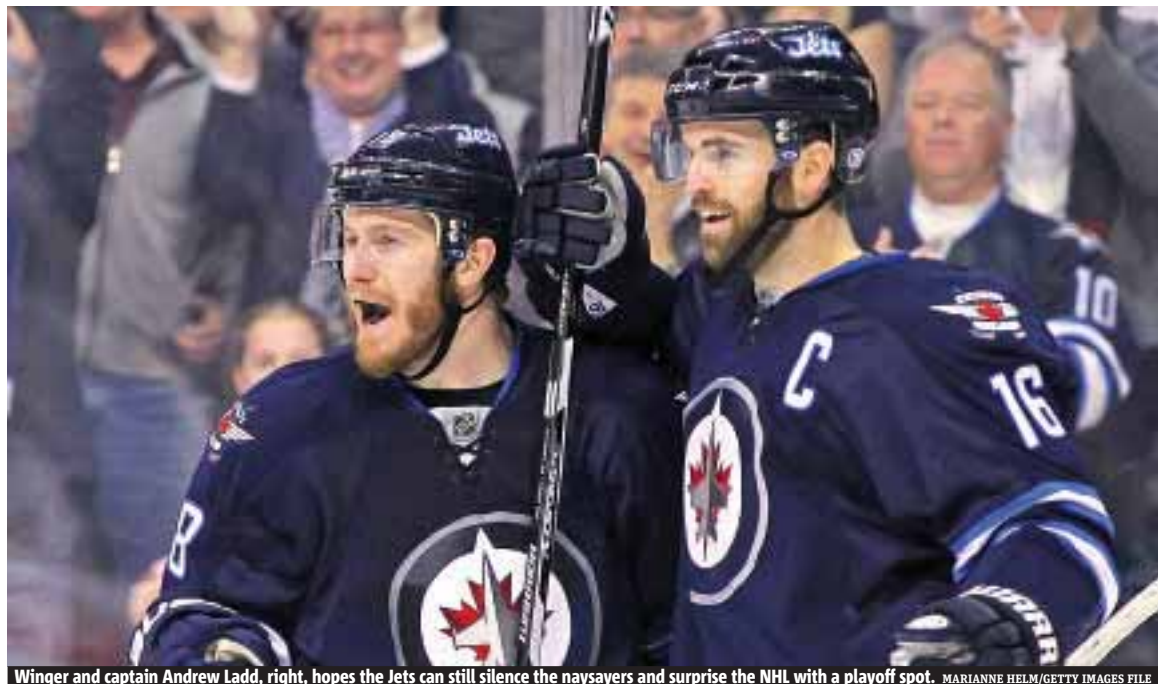
- The high quality of French and English of its graduates,
- The wide variety of academic and cultural programs,
- The high success in either post-secondary education or in the work place.

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March 3, 2015, 7:00 p.m.







Winger and captain Andrew Ladd, right, hopes the Jets can still silence the naysayers and surprise the NHL with a playoff spot. MARIANNE HELM/GETTY IMAGES FILE

# Ladd still hopeful of Jets playoff spot

**Jets.** Captain optimistic as Maurice fills in the many gaps a sleuth of injuries has created

Andrew Ladd believes the Winnipeg Jets can still silence naysayers and grab a spot in the NHL playoffs.

While the Jets hold the first of two wild-card berths in the Western Conference, their grip is slipping after putting up a 4-3-3 run in their last 10 games.

Winnipeg (30-20-11) has

71 points, just two ahead of the surging Minnesota Wild and three in front of both the Calgary Flames and San Jose Sharks, but the Wild and Flames have each played two fewer games.

The last time Winnipeg fans watched NHL playoff action was way back in 1996 with what is now the Arizona Coyotes franchise.

"Not too many people gave us a shot at the beginning of the year," Ladd said after Monday's practice.

"I don't think too many people expected us to be in this position, so we've kind of

taken on that underdog role the whole year. I think we've rallied around that and we'll look to get better."

Their playoff push took another hit on the injury front, a week after the club lost forward Mathieu Perreault to a lower-body injury that could keep him out for the remainder of the regular season.

Head coach Paul Maurice announced that rookie defenceman Ben Chiarot will be out about six weeks after having surgery to repair broken bones in his left hand following a fight with Toronto's Daniel Winnik in Saturday's 4-3

Maple Leafs' overtime victory.

Top-line winger Blake Wheeler was also missing from Monday's practice. Maurice said he was "possible" for Tuesday's home game against the Dallas Stars.

Wheeler took a puck to his right knee in Winnipeg's 5-1 loss to Washington last Thursday, but he played against Toronto.

Maurice said Dustin Byfuglien will remain at forward until the situation with Wheeler is clear. The Jets still have seven healthy defencemen even if Byfuglien stays at forward. **THE CANADIAN PRESS**

## NBA

### Bosh to leave hospital soon, say Heat

The Miami Heat say All-Star forward Chris Bosh continues to improve and will leave a South Florida hospital soon.

Bosh has been hospitalized since last week because blood clots were found on a lung. He will not return to play this season.

Heat coach Erik Spoelstra said Monday that Bosh will be released soon, though he has not been told an exact date.

Miami is hosting the Philadelphia 76ers on Monday night.

**THE ASSOCIATED PRESS**

## Court

### Cleaner testifies she saw guns at Hernandez home

A woman who cleaned the home of former New England Patriots player Aaron Hernandez testified Monday at his murder trial that she saw two guns there before the killing.

Hernandez has pleaded not guilty to the June 17, 2013, killing of Odin Lloyd, who was dating the sister of Hernandez's fiancée. His body was found in an industrial park not far from Hernandez's home. The .45-calibre gun used to shoot him six times was never found.

Marilia Prinholato testified under questioning from prosecutors that she saw the first gun around May 7, 2013, and the second gun a few weeks later.

**THE ASSOCIATED PRESS**

# Navarro wants out, but no offers in yet



Dioner Navarro, right, confirmed Monday he wants to move "to play every day somewhere." NATHAN DENETTE/THE CANADIAN PRESS

Toronto Blue Jays catcher Dioner Navarro, facing an uncertain future with the arrival of Russell Martin, confirmed Monday that he wants out.

The 31-year-old from Venezuela said he had asked the American League team for a trade back in November when Martin was signed to an \$82-million US, five-year contract.

Navarro says nothing has changed. He wants to go to a team where he can play every day.

He says he holds no

grudges and will work hard the whole spring, hoping an opportunity comes his way. But he acknowledged he was frustrated and a little disappointed that nothing has happened yet in terms of a new home.

"I don't know when did it go wrong, if anything did go wrong," Navarro said of his time with Toronto. "I'm just going to be ready and do my job."

Navarro, who hit .274 with 12 home runs and 59 runs batted in last season, faces

being a designated hitter and backup catcher with the Jays. He is on the final year of a two-year deal that will pay him \$5 million US this season.

"I can't blame him for not being happy. He's a competitor, he's a big-league player, a good one," manager John Gibbons said, insisting there was a place for Navarro on the team.

"I would just like to play every day somewhere," said Navarro.

**THE CANADIAN PRESS**

## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



### Horoscopes by Sally Brompton

#### Aries

**March 21 - April 20**

Someone you believed was trustworthy will show their true colours. In a way, they have done you a favour — you know not to trust them again.

#### Taurus

**April 21 - May 21**

If you find it hard to communicate with those around you over the next 24 hours, it may be the planets' way of telling you this is not a good time to discuss serious matters.

#### Gemini

**May 22 - June 21**

Someone in a position of power will say something that annoys you today, not least because it seems to cast doubts on your expertise. Don't take it too seriously.

#### Cancer

**June 22 - July 23**

You won't be sociable today but that's OK; you need time to plan your next move. Don't give up on a long-term ambition. *It can* be done.

#### Leo

**July 24 - Aug. 23**

Spell out what it is you intend to do over the next few days so there can be no confusion. However, having made your plans public you must stick with them.

#### Virgo

**Aug. 24 - Sept. 23**

Don't let anyone pressure you into making a hasty decision today, especially as it will be you who gets the blame if it all goes wrong.

#### Libra

**Sept. 24 - Oct. 23**

Your mind may be sharp and clear but that does not mean the conclusions you reach will be right. Wherever possible, do your own research.

#### Scorpio

**Oct. 24 - Nov. 22**

You may be tempted to rush through a task at top speed, but if you do, you may make a bad job of it. Do it right the first time.

#### Sagittarius

**Nov. 23 - Dec. 21**

Plan ahead but try not to actually do anything. If you give your brain a rest today it will be working better later in the week, when important decisions have to be made.

#### Capricorn

**Dec. 22 - Jan. 20**

You are having doubts about something you thought was a great idea. But don't give up, because a few days from now your doubts will be gone and it will be a great idea again.

#### Aquarius

**Jan. 21 - Feb. 19**

You are desperate to make an impression, but don't break the rules or, worse, break the law. The impression must be positive, not negative.

#### Pisces

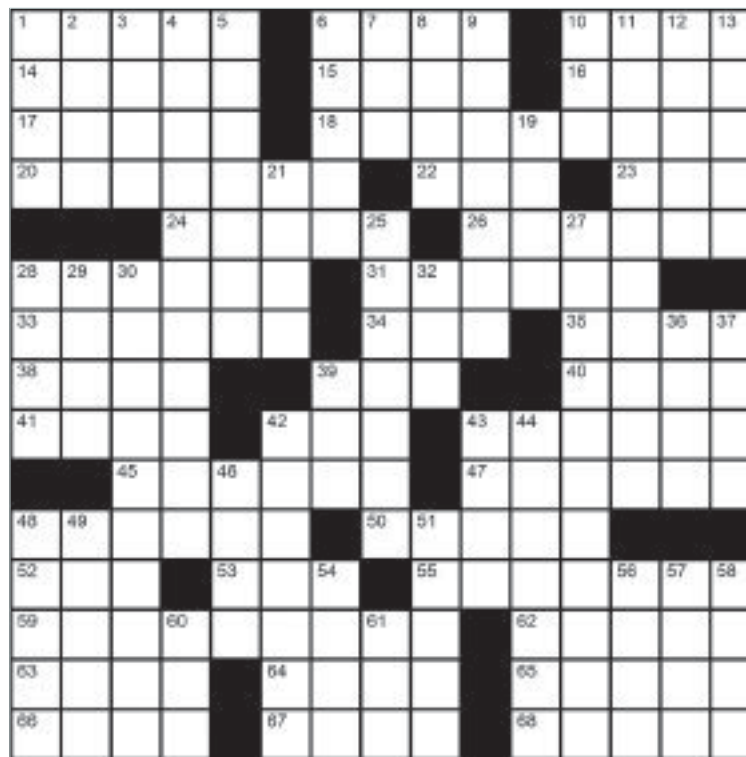
**Feb. 20 - March 20**

If someone asks you to help with a cause close to your heart, you will do so eagerly. But before you do, make sure you are dealing with professionals, not amateurs.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Tim \_\_, Canadian journalist to which Prime Minister Trudeau made his famous 'just watch me' quote in 1970
6. Hungry feeling
10. Company bosses, collectively [abbr.]
14. Then: French
15. Moulding type
16. \_\_ knot
17. \_\_ 6 a.m., like an alarm clock
18. CBSC = Canadian Broadcast \_\_ Council
20. Canadian cycling great Curt
22. Casual shirt
23. Newspaper in Calif.'s largest city [acronym]
24. \_\_ lights (Movie set brighteners)
26. Frill
28. Ms. Lansbury
31. Magical potion
33. "Fifty Shades of Grey" actor Jamie
34. Ms. Richie, briefly
35. Poetically approaching
38. \_\_ now (Up to this point)
39. 'Sure' signal
40. Computers: Prefix to 'byte'
41. Dry: Spanish
42. Silent
43. #29-Down's answer, informally
45. Epoch when ancestors of the modern



- horse appeared
47. Furniture polish brand
48. Stage musical, Bye Bye \_\_
50. Goat-antelope of Japan
52. Whichever
53. \_\_-la-la!

55. Dance judge Nigel
59. \_\_-sweater
62. Prince William's brother
63. "The Bridge on the River \_\_" (1957)
64. "This should come \_\_ surprise..."
65. Uplift

66. Video game maker
67. Nashville, \_\_
68. Mister, in Madrid

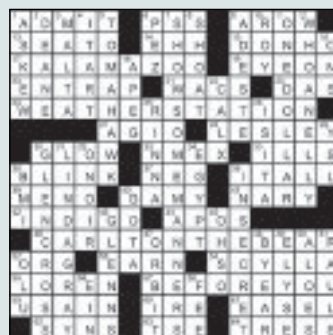
#### Down

1. Foolhardy
2. Epithet for Athena
3. Tolkien's trilogy,

- tiny-ly
4. Genetically-modified grub
5. Canadian actress Ms. Warren
6. Mail, in Montreal
7. 007, e.g.
8. Tidy
9. Not a name brand

10. Kingston Trio hit
11. 1991 Matthew Sweet song
12. Track star's 'necklace'
13. Preference
19. Two: French
21. Vancouver-born actress Valerie
25. Making-organs 'instructions'
27. Vancouver Canucks mascot: 3 wds.
28. "Cold Mountain" (2003) heroine, and others
29. Olfactory organ
30. Show on Oprah's network OWN starring two Canadians, "Anna & Kristina's \_\_"
32. Jar's closer
36. Watered-down rum
37. Smog
39. Convent dweller
42. Kalahari Desert animal
43. Agile
44. Garments
46. Adduce
48. Gives support to
49. Floored: 2 wds.
51. Mr. John
54. Cove: French
56. " \_\_ Torino" (2008)
57. "Is that for here \_\_ go?" (Fast food query)
58. Glander
60. \_\_ Fail (Irish coronation stone)
61. Hostel

### Yesterday's Crossword



#### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)

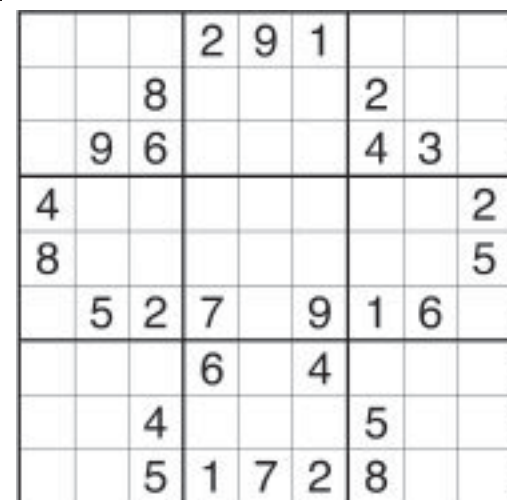


### Conceptis Sudoku by Dave Green

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

#### Yesterday's Sudoku



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